

## 72 Hour Home Kit

As we have seen in the recent hurricane activity in the South it is vital that each family have a supply of essential items to survive for at least 72 hours in their home. This kit may need to be taken with you if you are asked to evacuate due to flood caused by earthquake or the disruption of services to you due to earthquake, blizzard, or some other unforeseen disaster. An example of the supplies needed is:

- 3 day supply of non-perishable food
- 3 day supply of water – one gallon of water per person, per day
- 3 day supply of medications and the prescriptions # and name
- list of medications
- Portable, battery-powered radio or television
- Flashlight and extra batteries
- First Aid Kit
- Sanitation and hygiene items (moist towelettes and toilet tissue)
- Matches and waterproof container
- Whistle
- Kitchen accessories and cooking utensil, including can opener
- Photocopies of credit and identification cards
- Cash and coin
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, pacifiers
- Other items to meet your unique family needs
- Layered clothes, including jackets, long warm pants, long sleeve warm shirts, sturdy shoes
- Hats, mittens, and scarf
- Sleeping bag or warm blankets for each person

Be sure to account for growing children and other family changes and check the items in your kit to make sure everything will still work for your family.

CERT (Community Emergency Response Team) training is another tool that is available to you to get yourself prepared in the event of disruption of essential services. Through the CERT training you will learn the essential steps you and your family will need in the event there is a disaster or other event that disrupts normal life. After you and your family are taken care of you will then be able to assist your neighbors and community.

The 20 hour training includes an introduction to

Unit 1: Disaster Preparedness

Unit 2: Fire Safety

Unit 3: Disaster Medical Operations—Part 1

Unit 4: Disaster Medical Operations—Part 2

Unit 5: Light Search and Rescue Operations

Unit 6: CERT Organization

Unit 7: Disaster Psychology

Unit 8: Terrorism and CERT

Unit 9: Course Review and Disaster Simulation

The course is funded by Homeland security so it is provided at no charge to the participants. Each participant will receive a pack of essential equipment needed to respond to an incident as well as information needed to help you, your family, your neighbors and your community in the event of an unforeseen disaster. For more information contact Melinda Tichenor (406)581-5716 or [madcoccc@3rivers.net](mailto:madcoccc@3rivers.net).